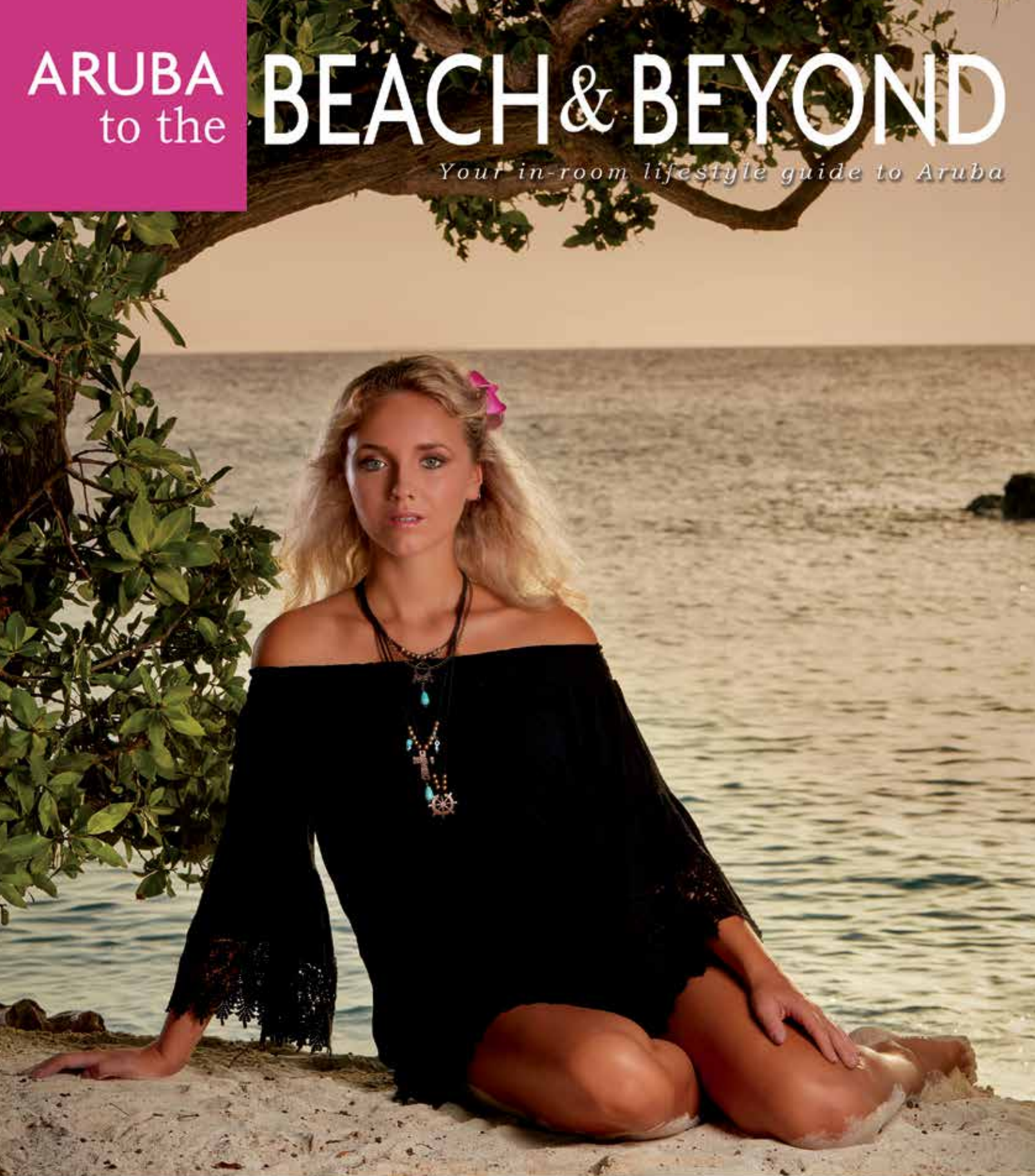


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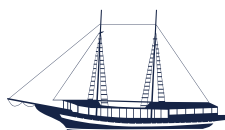
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## Our Front Cover

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# ARUBA'S ANIMAL RESCUE ROUNDUP

Text by Debbie Kunder

The World Society for the Protection of Animals claims that roughly 75% of the dogs in the world are strays. If you're someone who has a dog, loves and respects it, and provides for its every need, a statistic like this can be heart-wrenching, for the life of a stray is often characterized by malnutrition or starvation, disease, injury, and the lack of love from the very humans that bred them to crave our love.

Aruba is by no means immune to the problem of strays, including both dogs and cats. According to one source, the number of stray and semi-stray dogs and cats in Aruba is estimated to be between 30,000 and 40,000. Compared to a human population of about 105,000, this estimate is concerning. But the intention here is not to judge; the intention is to figure out how to solve the problem, how to ensure that Aruba is not only "One Happy Island" for its people and visitors, but for animals as well.

Fortunately, there are an ever-increasing number of animal welfare and rescue organizations on the island devoted to reining in the problem. Each group has its unique way of approaching the problem, but all the organizations agree that spaying and neutering, along with education and the promotion of responsible pet ownership, is the key to solving the problem.

The following is a roundup of Aruba's various animal welfare and rescue groups. We invite you to get acquainted with them, maybe lend a helping hand, and of course, donate! (Contact each group individually for donation information.)

## ARUBA ANIMAL SHELTER

In 2017, the Aruba Animal Shelter celebrated 30 years, making it the oldest animal welfare organization on the island. Running solely on private donations and the dedicated work of volunteers, the organization provides shelter and finds new homes for hundreds of Aruba's abandoned dogs and cats each year. It's a welcoming, brightly painted shelter, with enough space to house (on average) 16 adult dogs, 18 pups, five adult cats, and ten kittens. All the animals have access to spacious areas for playing and socializing with one another, as well as with potential adopters and visitors just stopping by for a cuddle or two. Eva Herry, who has been with the shelter for a whopping 21 years, points out, "Most of the families adopting from the shelter are local, but tourists adopt from the shelter as well. We even have a few tourists who come and volunteer for us each time they visit the island."

Address: Wayaca 126 B

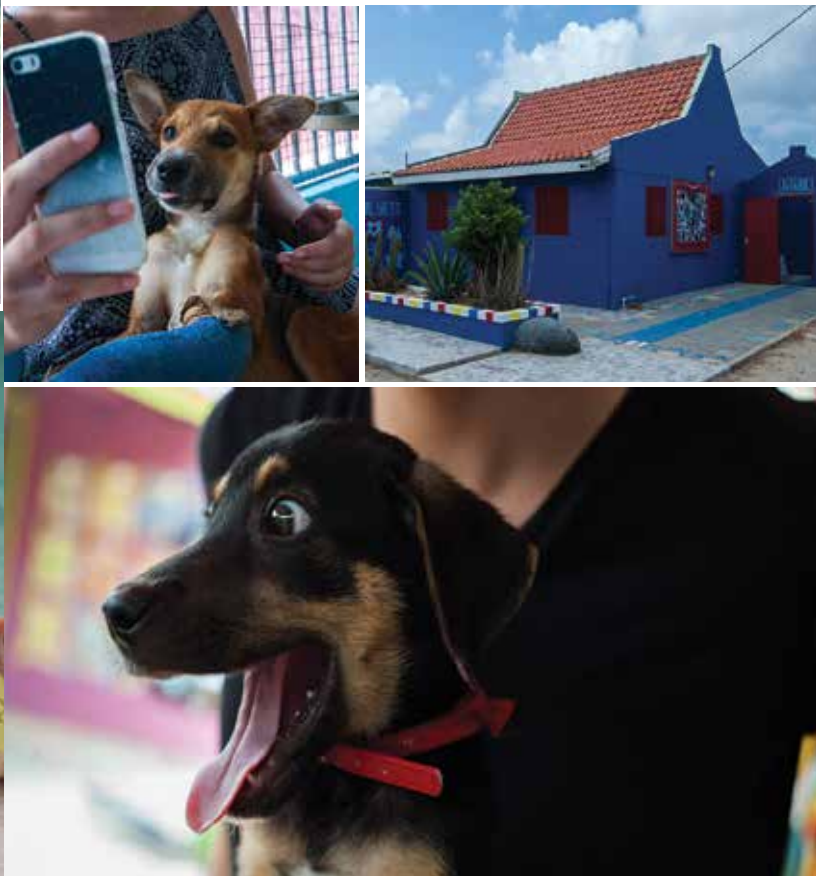
Opening hours: Monday – Friday, 8 am to 12 noon;

Saturday, 8 am to 3 pm

Website: [www.arubaanimalshelter.com](http://www.arubaanimalshelter.com)

Facebook: @Aruba.Animal.Shelter

Instagram: @arubaanimalshelter





## ANIMAL RELIEF FOUNDATION ARUBA (ARF-ARUBA)

In 2010, a few Americans who had made Aruba their home way from home began operating ARF-Aruba as a non-profit organization. Since then, the organization has rescued countless dogs and cats from neglect and placed them in loving homes.

ARF was the first foundation on the island to start placing rescued animals in the U.S. for adoption, and today, ARF is a powerhouse when it comes to sending pups, kittens, and the occasional adult dog to the States with the support of its network of fosters and transporters. ARF member Kathy Andreottola explains, “Puppies are simply not available for adoption in the American Northeast, and pups from Aruba fill this demand perfectly.” Besides rescuing, ARF is heavily involved in spaying and neutering. In 2016, ARF sponsored a sterilization campaign brought to Aruba by the global NGO Animal Balance, which was responsible for spaying/neutering 338 dogs on the island. Today, ARF continues to spay and neuter as many dogs and cats as possible.

Website: [arf-aruba.com](http://arf-aruba.com)  
Facebook: @ARFAruba



## SGT. PEPPER'S FRIENDS

Realizing how social media could serve as an engine of change in the world of animal rescue on the island of Aruba, Instagram yoga celebrity Rachel Brathen opened an Instagram account called Sgt. Pepper's Friends, named after her own dog that had recently died. In no time at all—and with a few dedicated volunteers added into the mix—Sgt. Pepper's Friends blossomed into a proper foundation. Through the hard work of its volunteers and fosters, paired with the support of its Instagram followers (now numbering over 80,000), Sgt. Pepper's Friends has rescued and found new homes for countless neglected dogs and cats on the island, with most of them adopted by families in the U.S. and Canada. Spaying and neutering is also a huge priority of Sgt. Pepper's Friends, with team member Dayenne Holwerda Munk pointing out, “If you're only rescuing, it's like cleaning up a puddle with the hose still running.” The organization has recently secured funds to construct Sgt. Pepper's Home, its own home-like shelter that will enable the group to help more adult dogs, which are difficult to find fosters for.

Website: [www.sgtpeppersfriends.com](http://www.sgtpeppersfriends.com)  
Facebook: @sgtpeppersfriends  
Instagram: sgtpeppersfriends







## NEW LIFE FOR PAWS

New Life for Paws, founded in July 2015 by Russian-American Natalya Yermak, splits its time and resources between rescuing and rehoming dogs and cats and sterilizing street dogs to help break the cycle of overpopulation. Natalya is the tireless “rescue lady” of the operation, assisted by a handful of other volunteers, as well as a network of local and U.S.-based fosters. Like ARF and Sgt. Pepper’s Friends, New Life for Paws specializes in saving pups from the streets of Aruba and rehoming them abroad. When pups are rescued, they are fostered locally until they are between eight and ten weeks old, then sent to the U.S. with the help of an organization called Aruba Flight Volunteers, which finds chaperones to transport the pups. The pups either go directly to their new home or stay with a U.S.-based foster until a new home is found.

Facebook: [@NewLifeForPaws](#)

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## STIMAMI STERILISAMI

Although not a foundation like the others in this roundup, Stimami Sterilisami (Love Me, Sterilize Me) definitely deserves recognition. The spay/neuter program was launched in January 2016 by Bucuti & Tara Beach Resort, owned by Ewald Biemans, a longtime advocate for Aruba’s animals. The program’s main goal is to reduce the population of homeless dogs and cats by subsidizing spaying/neutering for rescue groups and low-income families. To date, over 5,300 dogs and cats have been spayed/neutered (and microchipped) through Stimami Sterilisami, which also receives funding from the Aruba Tourism Authority and the Tourism Product Enhancement Fund. Tisa LaSorte, spokesperson for the program, explains that in addition to the surgeries, the program has achieved two other goals: “All entities related to homeless dogs/cats and the government now all agree that sterilization is the core solution to the problem we have. The program has also significantly raised awareness among the public about the importance of sterilization.”

Website: [www.stimamisterilisami.com](#)

Facebook: [@stimamisterilisami](#)



## NISI CANIS HEART OF GOLD FOUNDATION

Nisi Canis (Latin for “Save a Pet”) was founded in October 2015 out of the overwhelming frustration with Aruba’s pet overpopulation problem. Nisi has three projects on the burners at this moment: Operation Flame of Hope (see Crijojo Trappers Aruba), the Nisi Canis hotel, and a minivan service. Nisi uses its projects in ways that help generate funds, which are deposited back into the Nisi pot. For example, with space for 20 dogs plus a quarantine, Nisi’s animal hotel serves as a sanctuary for the animals Nisi saves and aims to rehome, but it also serves as a boarding facility for owned pets, thereby generating income that can be used to power Nisi’s projects. Likewise, Nisi’s donated van generates funds by serving as a taxi to transport owned dogs to the vet while also being used for transporting the organization’s own rescues.

Website: [www.nisicanisheartofgold.net](http://www.nisicanisheartofgold.net)  
Facebook: @NisiCanis

## CRIJOJO TRAPPERS ARUBA

In May 2016, Operation Flame of Hope was founded as a project under Nisi Canis Heart of Gold Foundation to serve as a local TNR (trap-neuter-release) program to control and manage the stray population on Aruba. The group of individuals behind the project formed Crijojo Trappers Aruba, which now functions as a daughter foundation of Nisi Canis. Crijojo Trappers Aruba completely separates TNR from rescue. The trappers use humane traps to catch roaming dogs and cats so they can be spayed/neutered, treated for parasites, vaccinated, and microchipped. The animals are then released back where they were trapped. The trappers have addressed most of the well-known dog packs on the island, resulting in more peaceful packs. They also do a lot of TNR in the hotel area, which is incredibly positive for tourism. In May 2017, they played an instrumental role in the MASH event launched by United Dogs Aruba Foundation in San Nicolas, helping to trap and release the 328 dogs and cats that were sterilized during the campaign.

Facebook: @crijojotrappersaruba







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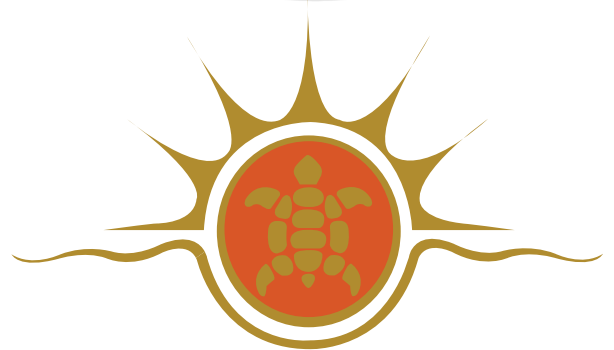
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## UNITED DOGS ARUBA FOUNDATION

In May 2017, United's first big project took place—a MASH (Mobile Animal Surgical Hospital) event geared towards the stray dogs and cats of San Nicolas and Savaneta. Local volunteers were joined by visiting high-speed spay/neuter veterinary surgeons and other international volunteers to carry out the campaign.

The MASH camp was erected at the Carnival Village complex in San Nicolas, and for four days, the various teams of the TNR operation carried out the tasks of trapping dogs and cats, performing surgery, giving vaccinations, providing aftercare, and finally, releasing the animals back where they were initially picked up.

In those four days, the United MASH unit sterilized 328 dogs and cats. Mercedes de Bruyn, founder of United, shares, "Our intention is to coordinate a MASH campaign each year for the next four years in order to help manage the stray population on the island."

Website: [www.uniteddogsaruba.com](http://www.uniteddogsaruba.com)

Facebook: [@uniteddogsaruba](https://www.facebook.com/uniteddogsaruba)

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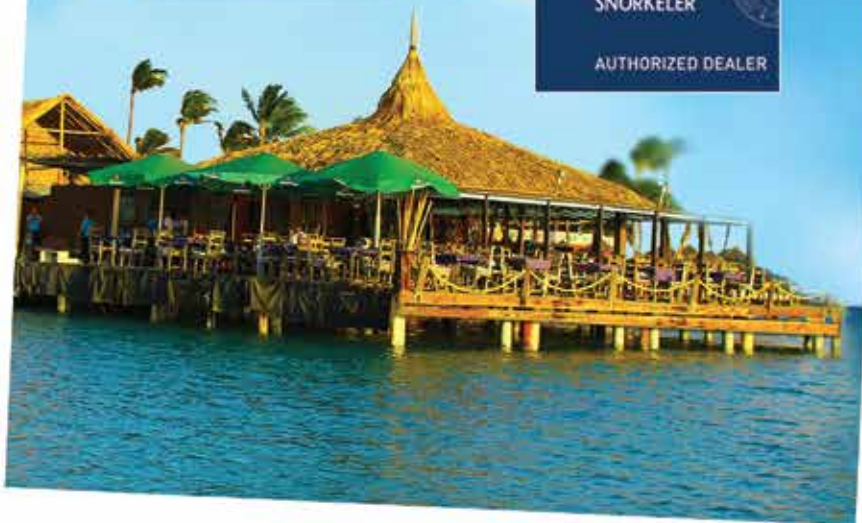
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An aerial photograph of a tropical beach. The water is a vibrant turquoise color, transitioning to a deeper blue further out. The beach is white and sandy, with several thatched-roof huts scattered along the shore. A dense line of green vegetation borders the beach. The text 'TOP 5' is overlaid in the upper left, and 'Local Beaches' is overlaid in the center.

# TOP 5

## Local Beaches



An aerial photograph of a tropical beach. The water is a vibrant turquoise color, transitioning to a deeper blue further out. The beach is a mix of white sand and dark green vegetation. In the foreground, there's a dense area of green trees. To the right, a paved road runs along the beach, with several cars parked. In the background, a small island or peninsula is visible in the distance under a clear blue sky.

One of Aruba's best assets is its remarkable repertoire of powdery white beaches, rated as some of the best in the world by respected publications. Of course, the ever-sunny sky, shimmering turquoise water, and refreshing breeze make every day a perfect beach day on Aruba!

It's no surprise that locals spend much of their free time playing and lounging on the beach. Here, a few local favorites to explore away from the beaches fronting the hotel areas.

Images provided by Aruba Tourism Authority



# Beaches

## FOR FAMILY TIME, PICNICS, AND SNORKELING



### ARASHI

Far north along Aruba's western coastline, Arashi is touted for its crystal-blue water, sugary white sand, well-kept public palapas, and its picturesque view of the California Lighthouse. The sea is typically calm at Arashi, but the occasional change in weather brings in a decent swell, prompting local surfers to flock to the break just north of the main beach. At this particular spot, about 150 meters offshore, a coral reef guarantees great snorkeling and diving, while a smaller reef sits just off of the rocky outcropping that separates Arashi from the next beach south, Boca Catalina.

### BABY BEACH

At Aruba's southern end, famous Baby Beach wraps around a shallow, calm lagoon, making it a prime destination for families with small children. Decades ago, Lago refinery workers created the lagoon by constructing a protective concrete barrier in the water, giving their families a safe beach to enjoy within the Lago colony. Snorkelers can discover an amazing array of marine life—barracuda, parrotfish, blowfish, angelfish, squid, and eels—swimming among the elkhorn coral.

### MANGEL HALTO

Mangel Halto is a gem of a beach tucked along the western coast of the island in the area of Pos Chikito. The beach is named for the dense network of mangrove trees that make their home here, providing plenty of shade for afternoon picnics. A narrow clearing in the mangroves leads into an irresistibly inviting expanse of shallow, aquamarine water, made remarkably placid by the protective barrier reef further out. This coral reef, easily reached by a short swim from shore, makes for excellent snorkeling and diving.







# Beaches

FOR WINDSURFING, KITING, AND CHILLIN' WITH FAMILY AND FRIENDS



## BOCA GRANDI

Located on the eastern side of Aruba's southern tip, Boca Grandi has permanently entered into the lexicon of both local and international kitesurfers. The beach, characterized by undulating sand dunes kept in place by low-lying sea grapes, wraps around a bay where steady winds and a small, rolling surf beckon advanced kitesurfers to ply their hobby. The local beach community here is a laid-back crowd, always welcoming of newcomers. The water at Boca Grandi is rough enough to require strong swimming skills.

## FISHERMAN'S HUTS

The Fisherman's Huts, also known as Hadicurari Beach, is aptly named for the handful of time-worn huts perched at the edge of the water. This beach is one of the best flat-water windsurfing locations in the world, with several boardsports operators setting up shop here year-round to accommodate active vacationers and locals. International kites and windsurfers congregate here every summer to battle it out at the Hi Winds Amateur World Challenge.











# Self-Guided Monument

# Tours



ARUBA'S BREATHTAKING BEACHES, UNENDING SUNSHINE, AND WARM HOSPITALITY ARE UNDENIABLY THE ISLAND'S STELLAR MAIN ATTRACTIONS. BUT A FORAY INTO ARUBA'S DYNAMIC, CULTURALLY LAYERED, AND FASCINATING HERITAGE WILL ENRICH ANY VACATION EXPERIENCE.

THE ARUBA TOURISM AUTHORITY PROUDLY INTRODUCES THREE SELF-GUIDED TOURS OF MONUMENTS AND SITES OF PROMINENT SIGNIFICANCE TO THE ISLAND'S INTRIGUING LEGACY.

THREE AREAS OF THE ISLAND, RIPE WITH OPPORTUNITIES FOR CAPTIVATING DISCOVERY, HAVE BEEN CAREFULLY MAPPED SO THAT VISITORS CAN EASILY EXPLORE AT THEIR OWN PACE. NO TOUR GUIDE IS NEEDED; INFORMATIVE SIGNAGE HAS BEEN PLACED ALONG THE ROUTES.





## TOUR # 1

### Oranjestad Walking Tour

(Time: approximately 4 hours)

To really feel the energy of our bustling capital city of Oranjestad, with its colorful colonial-Dutch architecture and authentic charm, exploring by foot is highly recommended. Conveniently, our complimentary solar- and electric-powered streetcars run throughout the city with a “hop on, hop off” option at several key stops, so those who want to give their feet a break can still continue the tour. Visit sites like Fort Zoutman, the Water Tower, several historic churches, the Court House, and homes of historic and architectural significance.

While downtown, indulge in the tastes of Aruba—from traditional local food to authentic regional cuisine. There are ample shopping opportunities to be had as well—from international designer brands to shops like Cosecha, selling locally crafted goods and art.









---

## TOUR # 2 Discovering Noord

(Time: approximately 2 hours by car)

Noord, meaning “north” in Dutch, geographically encompasses the northern reaches of the island, and is home to several iconic monuments and sites. This tour features remarkably photogenic landmarks like the California Lighthouse, Alto Vista Chapel, and the Bushiribana Gold Mill Ruins. For the adventurous, these three can all be reached by hiking or mountain biking. Saint Anne’s Church is about a 20-minute walk from the hotel area of Palm Beach, while Quinta del Carmen, a historic manor that is now a restaurant, is best reached by automobile.





*Shoes  
are not required*



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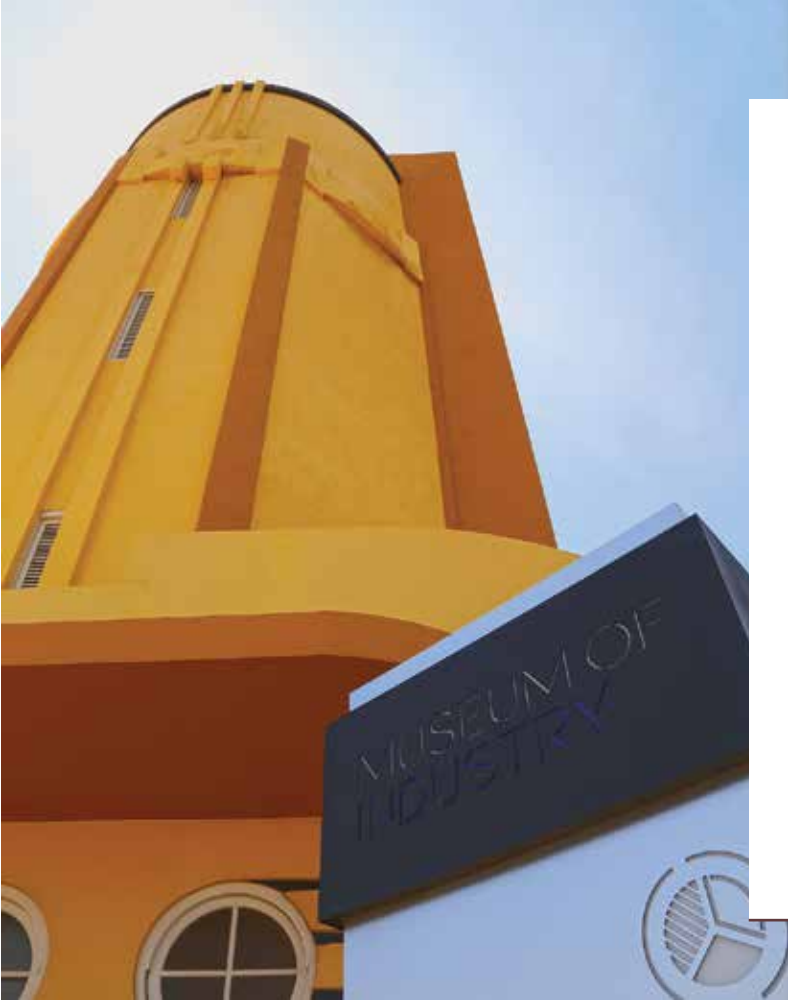
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## TOUR # 3 Sites of the South Side

(Time: approximately 2 hours by car)

An exploration of Aruba's varied heritage would not be complete without a visit to the southern end of the island and our Sunrise City. Known as the birthplace of Aruba's Carnival, San Nicolas is steeped in tradition. What once was a bustling oil town and the heart of industry on the island in the early to mid 20th century is now a quaint town filled with character and an emerging and impressive art scene. While visiting monuments on this tour—including the San Nicolas Water Tower and the Seroe Colorado Community Church—be sure to visit the galleries, the museums, and the remarkable street art in town. Grab a snack at local bakery El Gallo Rojo or a refreshing coconut water served right out of the shell. Hungrier appetites might opt for lunch or dinner at O'Neils, serving local and Caribbean cuisine, or Pueblito Paisa, serving authentic Colombian dishes. One of the island's historic rum shops, the Aruba Rum Shop, is also worth a visit.



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\* Also serving our regular à la carte menu

**MONDAY**  
French Night

Escape to France with French Onion Soup, a juicy grilled Filet Mignon & Coupe Dame Blanche for dessert

\* Also serving our regular à la carte menu

**TUESDAY**  
Local Fishermen's Night

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**THURSDAY**  
Asian Night

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\* Also serving our regular à la carte menu

Located at Amsterdam Manor Beach Resort  
[www.mangos-restaurant-aruba.com](http://www.mangos-restaurant-aruba.com)  
[foodandbeverage@amsterdammanor.aw](mailto:foodandbeverage@amsterdammanor.aw)  
 / Mangos Restaurant | Tel: 527-1125



# Locals Love It!



## Poetry Night

This monthly pop-up event is an open-mic poetry festival, with young and old sharing their personal art of poetry with the local community. The audience in turn enjoys quality entertainment, with poets thinking differently, seeing differently, hearing differently, and ultimately acting differently, reinforcing the individuality of each member of our community. Check out the Facebook page “Basha Foundation” to find out when and where this cool bohemian event will pop up next!

## Hilton’s Aqua Aloe Cocktail

Aruba’s treasured aloe plant has deep roots in our history and heritage—the island was once the largest producer and exporter of the healing aloin (produced from the cells of the plants). The Hilton Aruba Caribbean Resort’s signature cocktail, the Aqua Aloe, is a unique, refreshing island cocktail crafted with aloe vera juice, gin, fresh lime juice, a splash of tonic, and mint leaves. Try one at the resort’s Mira Solo and Castaway’s Bar.





# Locals Love It!

## Brunch at Windows on Aruba

Windows on Aruba Restaurant at Divi Links offers a contemporary, all-you-can-eat à la carte Sunday brunch in a luxurious setting. Brunch at Windows offers flowing mimosas, a variety of gourmet appetizers, breakfast classics, entrées, and decadent desserts—all artfully plated and served to you.



## Shoco Beer

Aruba has embraced the craft beer scene and now has its own selection of craft beer from the Shoco Beer Co. So far, three beers were created, inspired by the island lifestyle: Long Legged Lager, Blood Orange Blonde, and One Hopy Island Toasted Coconut Pale Ale. Cheers to island life!





# ARUBA'S

## Endemic ANIMAL SPECIES

Images provided by Aruba Tourism Authority







## Shoco Owl

A solemn creature, the Aruban burrowing owl (*shoco*) is a burrowing owl subspecies that can only be found in Aruba. Unlike most owls, they dig holes in the sand for nesting and sleeping, and they often hunt their prey by chasing them on foot. The shoco owl is one of Aruba's treasured national symbols.





## Blauw Blauw

Perhaps most eye-catching of all the lizards residing on Aruba is the *kododo blauw* (also called *blauw blauw*), with the male flaunting a brilliant turquoise color. This friendly whiptail lizard species is not only Aruba's most common lizard, but it's also endemic to the island.



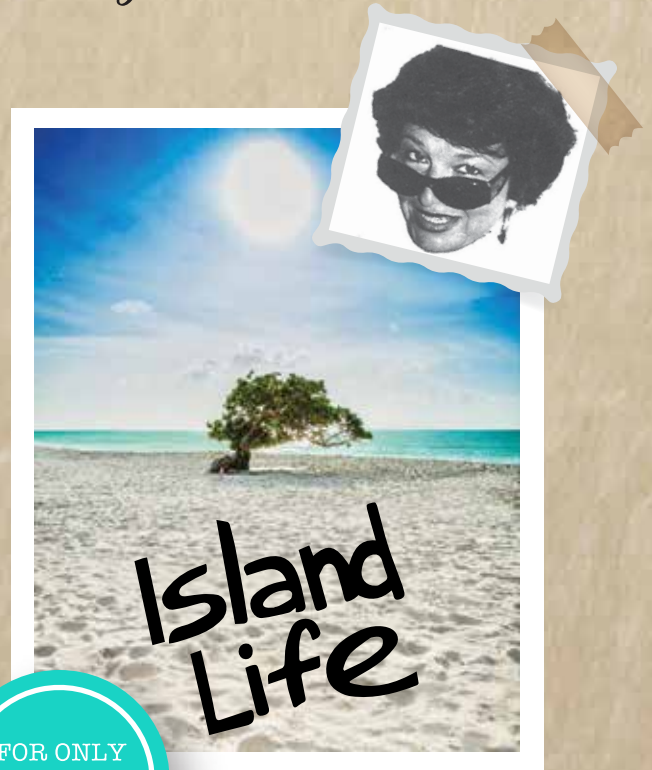


# Island Life

## Aruba's Best-Kept Diary

— SELECTION OF COLUMNS FROM 1992 - 2004 —

*By Rona Coster*



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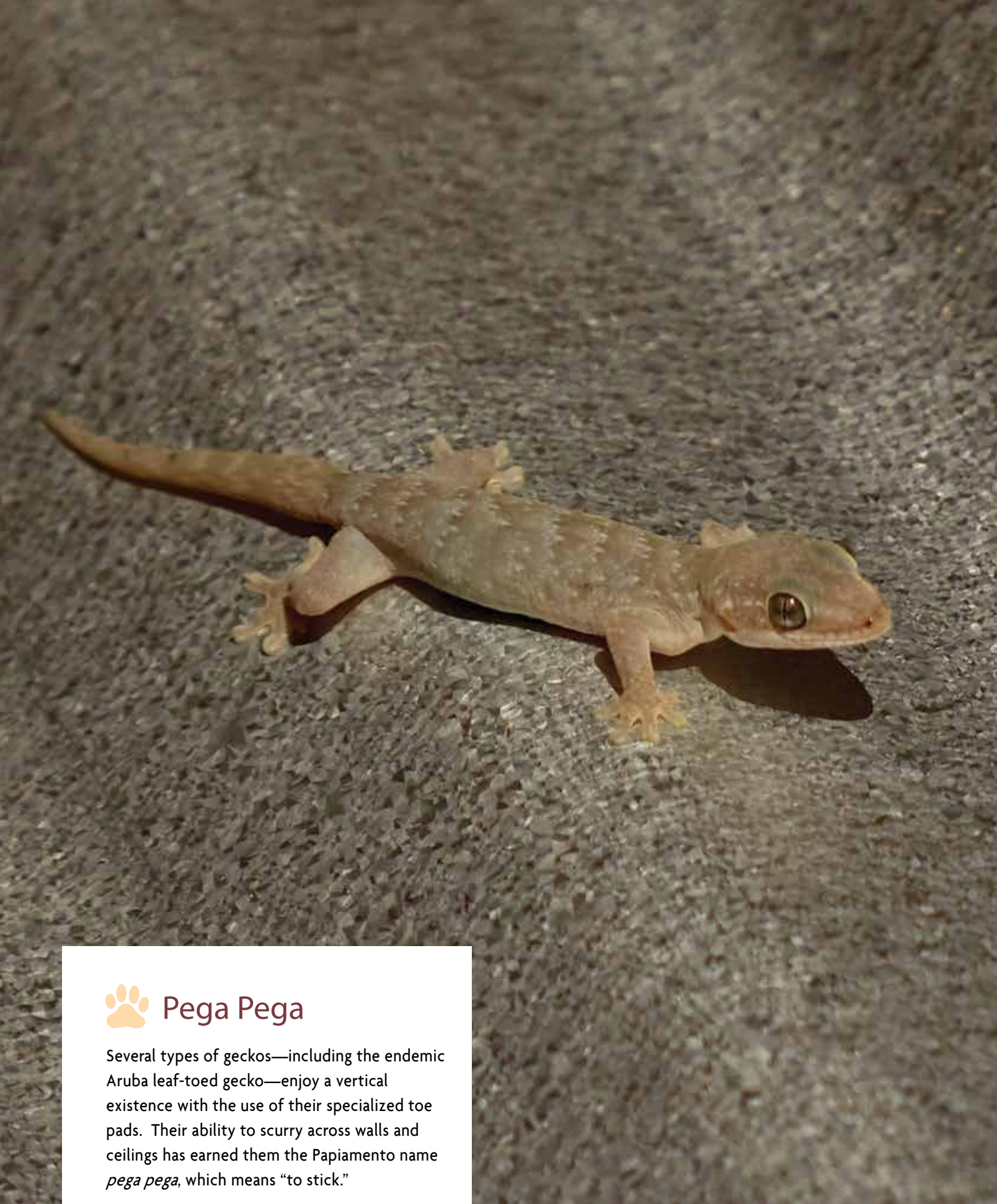
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UNOCA





 Pega Pega

Several types of geckos—including the endemic Aruba leaf-toed gecko—enjoy a vertical existence with the use of their specialized toe pads. Their ability to scurry across walls and ceilings has earned them the Papiamentu name *pega pega*, which means “to stick.”



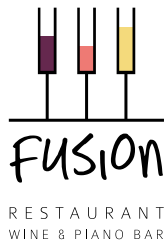


 **Prikichi**

The Aruban parakeet (*prikichi*), also known as the brown-throated parakeet, is an endemic subspecies flaunting brilliant green feathers. Prikichis typically travel in pairs or small groups, and can be found roosting in treetops. The birds are quite vocal, announcing their presence with a screeching chorus. The prikichi is the official national bird of Aruba.

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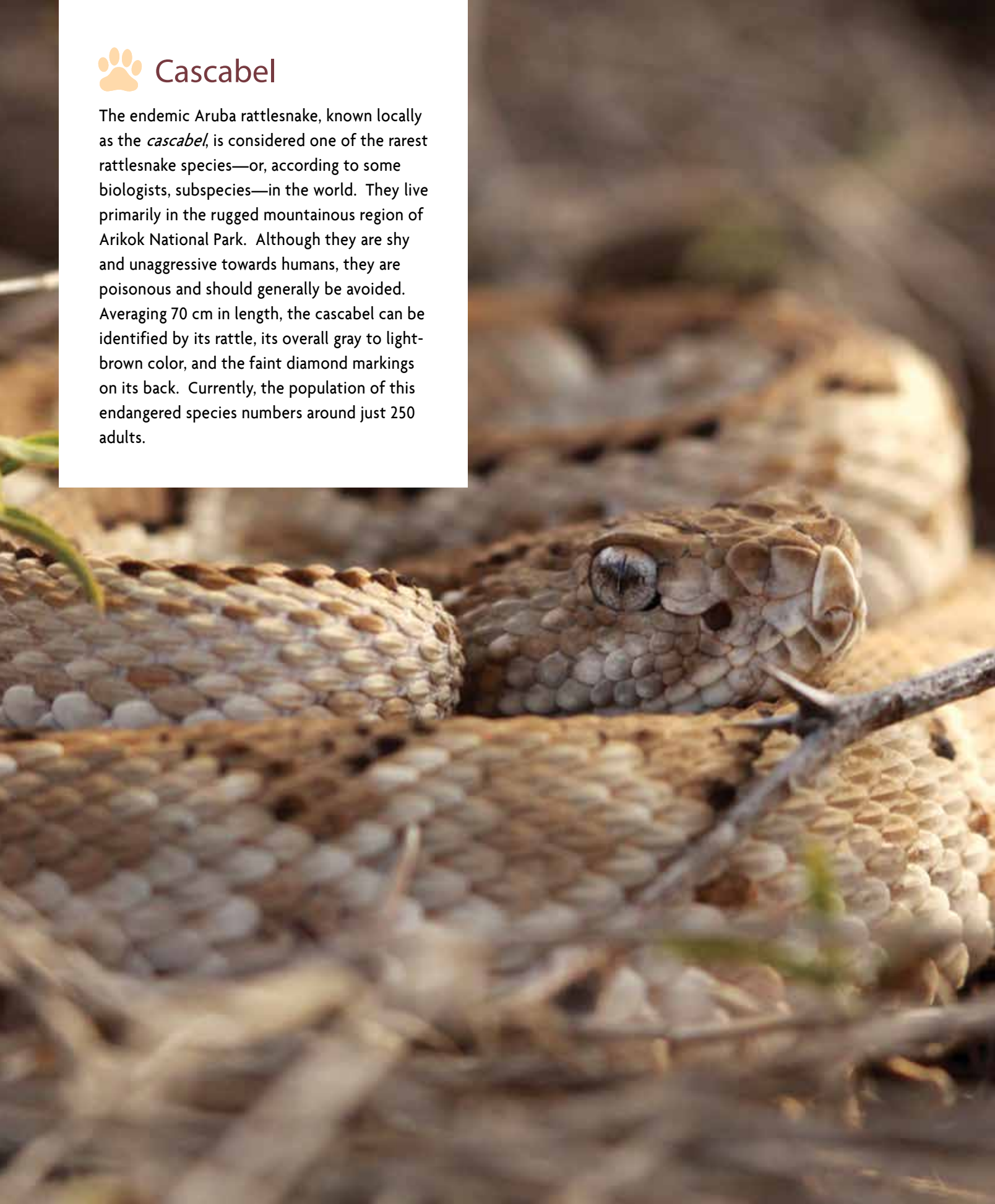






## Cascabel

The endemic Aruba rattlesnake, known locally as the *cascabel*, is considered one of the rarest rattlesnake species—or, according to some biologists, subspecies—in the world. They live primarily in the rugged mountainous region of Arikok National Park. Although they are shy and unaggressive towards humans, they are poisonous and should generally be avoided. Averaging 70 cm in length, the cascabel can be identified by its rattle, its overall gray to light-brown color, and the faint diamond markings on its back. Currently, the population of this endangered species numbers around just 250 adults.







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# The **BEST** Thing *since* **SLICED** **Bread!**

Photography by Steve Keith • Text by Tina Causey-Bislick

I first discovered the Tia Rosa food truck a few years ago at the Tropicana Aruba Resort's annual Battle of the Food Trucks. The line at the truck was at least 20 people deep on the first night of the festival. When hunger strikes, I often lose control of my patience button, so I opted for fare from another vendor with a more appealing wait time. On the second night of the festival, I decided there must be something special cooking inside this yellow truck, as the line was even longer than the evening before. So I joined the queue to place my order.

While waiting in line, I struck up conversations with those around me—we were, after all, hungry kindred spirits with not much else to do but chat about, what else—food! Through various conversations I learned that Tia Rosa is normally located in Pos Chikito, and the line for food is almost always long. The specialty of the house, er truck, is the patacón sandwich. Philadelphia has its cheesesteak, Chicago heralds its wet Italian beef, Miamians love their Cuban subs, and New Orleans has its po' boy...well, Venezuelans have the patacón Maracucho, known simply as patacón (paht-ah-CONE). The Venezuelan city of Maracaibo is thought to be the birthplace of this sandwich that forgoes bread for plantains that are sliced lengthwise, pressed flat, and fried. In between those yummy crisps is a mountain of ingredients like sliced ham, shredded beef and chicken, lettuce, tomato, avocado, cheese, and a secret sauce.







*Plantains are sliced lengthwise, pressed flat, and fried.*



The end result is one of the messiest, calorie-infused, crazy-delicious sandwiches I have ever had! You can get your patacón made with either sweet yellow plantains or the more savory unripe green plantains. Because I love opposing flavors in my mouth, I opted for the sweet variety to pair with salty ham, queso blanco (a mild white cheese), and avocado. The sandwich is wrapped tightly in basic white sandwich paper, and it's recommended to keep it wrapped and peel back the paper as you work your way down the sandwich—it keeps the ingredients inside the sandwich and keeps the sauce from running down your shirt!

Tia Rosa is now at the top of my “cheat” list. It’s reserved for special occasions when I just want a break from a low-carb lifestyle with a little culinary debauchery. The truck has been going strong for more than 14 years; Tia Rosa herself runs the truck during the day from 6 am to 1 pm, while her daughter, Alexandra Margarita, takes over the evening shift from 6:30 pm to midnight.

Directions from the hotel area: Take the L.G. Smith Boulevard through town and past the airport, heading towards Savaneta. Before Savaneta and just after the Pos Chikito roundabout, the Tia Rosa truck can be spotted right off the main road on the right-hand side.



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A top-down view of various spa ingredients on a white wooden surface. In the top left, a wooden mortar contains a wooden pestle and a pile of dried, fibrous plant matter. To its right, a white mortar and pestle contains a vibrant green paste. In the bottom left, a wooden bowl holds a dark, thick, greyish-brown substance. In the bottom center, a small glass jar is filled with bright green, crystalline granules. To the right of that, another small glass jar contains white, chunky crystals. Several large, fresh green leaves are scattered around the ingredients, adding a natural, organic feel to the composition.

# Island Spa INDULGENCES

For many vacationers, being pampered in a spa is the ultimate way to unwind and let go of the daily stresses back home. Aruba offers the spa-goer a variety of day spas to choose from, each uniquely imbuing the spirit of the Island—from quaint outdoor beach cabanas to state-of-the-art treatment rooms.

Aruba's spas offer world-class spa amenities in an oasis of understated luxury, with therapists and technicians seasoned in the art of relaxation and rejuvenation.





## THE RITZ-CARLTON SPA

ARUBA

The Spa at The Ritz-Carlton, Aruba is a 15,000-square-foot sanctuary that captures the lush, tropical environment and spiritual influences of Aruba in its 13 calming treatment rooms, salon, and retail boutique. The soft Caribbean hues and natural beige furnishings reflect the destination's ocean backdrop paired with its arid landscape. Refreshing aromas hand-selected for health, wealth, or happiness—and inspired by the Aruban tradition of wishing stones—fill the air, and the relaxing rhythm of waves enhances The Spa's tranquil island ambiance to help guests unwind and escape the everyday.

A variety of specialty local signature treatments, indigenous scrubs, and spiritual baths are offered. Inspired by the Island's ancient philosophies of health, beauty, and wellness, these treatments incorporate the healing properties of native plants, botanical blossoms, herbs, minerals, and fruits, including aloe, cactus, coconut, and oil sourced from divi-divi trees.

### LOCATION

The Spa at The Ritz-Carlton, Aruba

Tel: + (297) 527-2222 ext. 2525. Call toll-free 1-800-241-3333

Website: [www.ritzcarlton.com/aruba](http://www.ritzcarlton.com/aruba)

Hours of Operation: Daily from 9am to 6pm







A tranquil oasis of bamboo and water features creates a soothing environment that boasts eight treatment rooms where guests can enjoy a full menu of services, including the signature Azeta di Coco Massage, which combines warm coconut oil with a massage utilizing slow, localized movements to both heal the skin and relax tense muscles. Additional treatments include advanced skincare therapies, therapeutic and integrated massages from around the world, exfoliating and detoxifying body treatments, and a full-service salon. All of the massage treatments, including couples massages, may be experienced in a beachside cabana, accompanied by the gentle sounds of nearby waves.

### LOCATION

Hilton Aruba Caribbean Resort & Casino

Tel: +297 526 6052

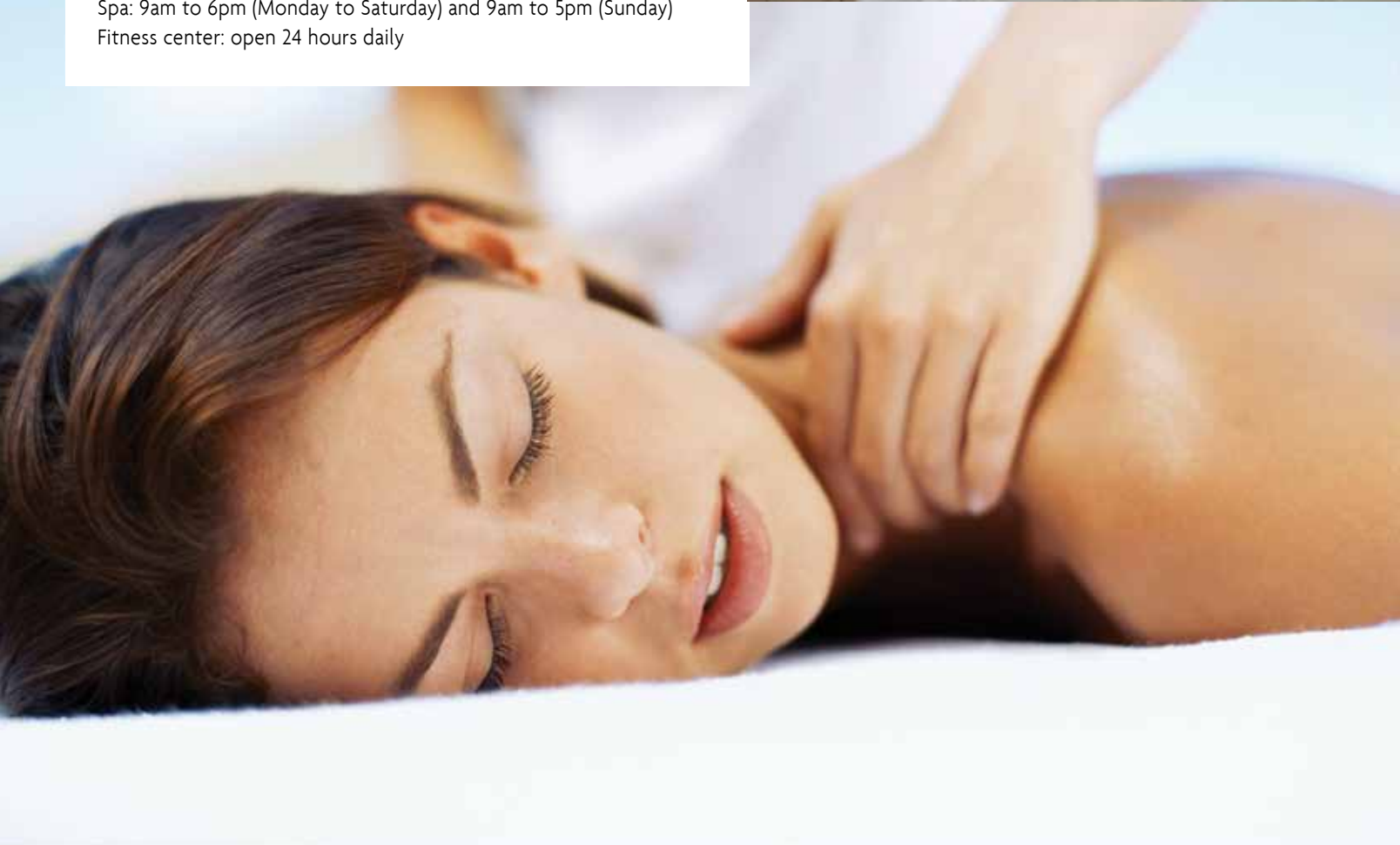
Email: [auahh\\_eforea\\_aruba@hilton.com](mailto:auahh_eforea_aruba@hilton.com)

Website: [www.hiltonaruba.com](http://www.hiltonaruba.com)

Hours of Operation:

Spa: 9am to 6pm (Monday to Saturday) and 9am to 5pm (Sunday)

Fitness center: open 24 hours daily







# ZoiA

SPA

Hyatt Regency Aruba's ZoiA Spa—meaning “balance” or “poise” in Papiamentu, the island's dialect—boasts eight treatment rooms, including two expansive spa suites, and an extensive spa menu featuring native ingredients.

The Aruba-inspired, all-natural treatments are based on four key Caribbean elements—sun, sand, sea, and love—and correspond to the colors of the Aruban flag—yellow, white, blue, and red. Treatments with the element of the sun, which signifies energy, are geared towards brightening and revitalizing the skin through the use of botanical blossoms. Treatments with the element of sand, which evokes purity, detoxify and rid the skin of impurities through the use of Aruba's mineral-rich mud. Treatments featuring the element of the sea are designed to make guests feel complete relaxation, much like the serenity felt when listening to gently crashing waves. The final element, love, represents devotion and commitment; these treatments incorporate Aruba's indigenous aloe plant and other botanicals, herbs, crystals, and oils to help guests achieve a sense of well-being through the use of traditional island methods.

ZoiA Spa offers an idyllic location for serenity and tranquility, further enhancing its “authentic island chic” mentality.

## LOCATION

Hyatt Regency Aruba Resort Spa & Casino

Tel: +(297) 586-1234

Website: [www.aruba.hyatt.com](http://www.aruba.hyatt.com)

Hours of Operation: Daily from 8am to 7pm







Indulgence by the Sea celebrates 15 years, with a spa at Divi Aruba All-Inclusive Resort and a salon at Divi Tamarijn Aruba. The spa offers an extensive menu of massages, facials, body treatments, manicures, and pedicures. We pride ourselves on using organic body care lines, including Eminence Organic Skincare, Farm House Fresh, and Aromatherapy Associates. We also feature a Pure Aloe Menu highlighting Aruba Aloe products, crafted from locally grown and harvested aloe vera. Indulgence Salon at the Tamarijn Beach Resort has become known as the special occasion and bridal expert. Recently, we partnered with Cuozzo Studio for Hair, named as one of the top 100 salons in America by *Elle* magazine. Indulgence Salon offers Wella Professionals Color, Sebastian Professional, Olaplex, and Nioxin for hair care, as well as Opi for nail care. Relax, reflect, revitalize, and rejoice only at Indulgence by the Sea.



### LOCATIONS

Divi Aruba All-Inclusive Beach Resort (Spa)

Tel: +(297) 583-0083 / +(297) 525-5200 Ext. 5298

Tamarijn All-Inclusive Beach Resort (Hair & Nail Salon)

Tel: +(297) 582-0752 / +(297) 525-5200 Ext: 5291

E-mail: [info@spaaruba.com](mailto:info@spaaruba.com)

Website: <http://spaaruba.com>

Hours of Operation:

Monday-Saturday from 9am to 6pm, Sundays from 9am to 4pm

CELEBRATING 16 YEARS!



#1 SPA IN ORANJESTAD



Crooze





# Pure Indulgence

*The Ultimate Spa Escape, It's All About You!*



An authentic, indulgent spa experience can now be had at Pure Indulgence, located at the Divi Aruba Phoenix Beach Resort. The new spa offers the ideal balance between state-of-the-art facilities and organic, island-inspired treatments utilizing fresh fruits, vegetables, flowers, and herbs.

Thoughtful details include natural stone and marble finishes, wood tiles, handcrafted cedar wood elements, and hydrotherapy features throughout the décor. Luxurious treatment rooms, including two dedicated couples suites, and the spa's loft (dedicated to nail treatments) offer breathtaking views spanning from Eagle Beach to the California Lighthouse. The Pure Lovers Suite features a Microsilk Hydrotherapy Jacuzzi bath, premium Hansgrohe Raindance rain showers, and a couples steam room.

Pure Indulgence offers a complete menu of traditional and modern, on-trend treatments—from facials and other skincare treatments to massages, manicures, and pedicures. Tailored experiences like beach massages and bridal and group spa days are also offered.

## LOCATION

Divi Aruba Phoenix Beach Resort. Tel: +(297) 586-6066 ext. 7069

Divi Village Golf & Beach Resort. Tel: +(297) 583 5000 ext. 888

E-mail: [info@purespaaruba.com](mailto:info@purespaaruba.com). Website: [www.purespaaruba.com](http://www.purespaaruba.com)

Hours of Operation:

Monday-Saturday from 9am to 6pm, Sundays from 10am to 4pm



**#1 SPA ON PALM BEACH**





# Any Given SUNDAY

Photography by Steve Keith • Text by Tina Causey-Bislick





Local culinary personalities Jacky Lopez and Gabriel Ayala make their livings in the food and beverage industry on the island, so one would think when they have a day off they would want to be anywhere *but* the kitchen. However, when the planets align and these friends miraculously have a Sunday off at the same time, they often spend it in the kitchen, collaborating and experimenting with just about any genre under the sun. “It’s not work when you are doing it for yourself or your family and friends,” says Jacky, a graduate of Aruba’s culinary program at EPI school. Gabriel, the chef/owner of G & G Pizza Company, has a penchant for culinary wanderlust and channels that through his own local television show, *What’s Cooking Aruba*, exploring the island’s gastronomic map.

Our crew invaded a cooking session one Sunday afternoon. The two challenged themselves to incorporate local and Caribbean ingredients into a healthy, three-course meal. Trust us, it was no challenge to reap the rewards when they were done!



## Creamy Coconut Shrimp Shooter

### Ingredients

8 oz peeled and deveined shrimp  
3 cups shrimp stock  
1 cup cream or coconut milk (healthier)  
1 oz of cognac  
salt & pepper to taste  
roux (as needed to thicken)  
toasted coconut shavings

### Directions

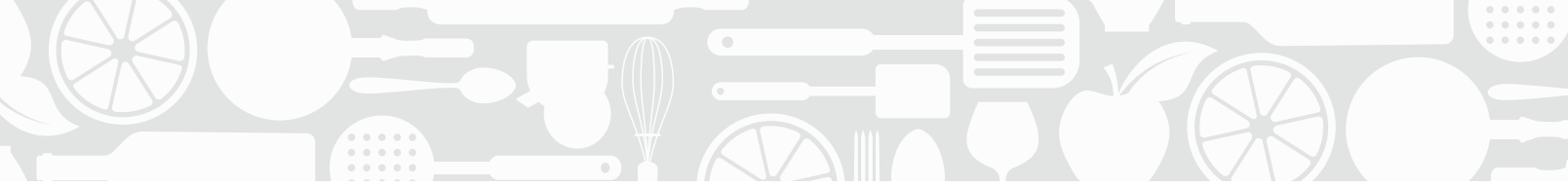
In small soup pot or sauce pot, sauté shrimp until no longer translucent. Remove from pan and set aside. In same pot, keep heat on low and add cognac, scraping all the flavor from bottom of pan.

Next, add the shrimp stock and coconut milk, allowing to reduce about 1/6 of the way down. At this point you can add the roux (paste made from equal parts of flour and butter; or a healthier version is to replace the butter with canola or olive oil) to thicken.

Chop the cooked shrimp, adding half to soup mix. Top a small wedge of toasted bread with remaining shrimp. Serve hot in a shot glass or, for a dynamic presentation, in a hollowed-out cactus.







## Chicken Roulade wrapped in Turkey Bacon with Citrus-Avocado Puree

### *Ingredients*

3 slices turkey bacon  
2 chicken breasts  
plastic wrap to pound chicken  
1 cup of local callaloo (spinach)  
1 cup cooked couscous  
3 egg whites  
2 oz dried cranberries  
lemon juice from 2 whole lemons  
1 avocado  
3 tsp honey

### *Directions*

In a small bowl, add spinach, dried cranberries, couscous, and egg whites, mixing well and setting aside for future use as stuffing.

Take one breast and butterfly; then place between two pieces of plastic wrap. Using a meat mallet, flatten until thin. Remove plastic wrap and place two hearty spoonfuls of the stuffing in center of chicken and roll it. Once rolled, wrap the chicken with the turkey bacon and hold in place using toothpicks.

Bake for 25 minutes at 375 degrees Fahrenheit.

While that is cooking, puree avocado and fresh lemon juice in food processor or blender until smooth, and season with salt and pepper to taste.

Once chicken is done, remove from oven and take out the toothpicks. Brush chicken with the honey and slice in equal parts. Drizzle the avocado puree and serve hot.





## Dragon Fruit & Mango Panna Cotta

### Ingredients

- 1 large dragon fruit
- 12 oz of diced mango
- 14 oz skim milk
- agave syrup or honey to taste
- 3 non-flavored gelatin packets
- 1 lemon
- 3.5 ounces dark chocolate
- 2 organic frangipani flowers

### Directions

Scoop dragon fruit out of shell (save shell) and place in the blender with agave syrup to taste and a dash of lemon zest, blending until smooth.

Separately, blend 10 ounces of mango and a teaspoon of agave syrup (or honey) until smooth.

Divide the milk into two sauce pans and heat (do not let boil), adding a packet of gelatin to each until dissolved. Add the dragon fruit mixture to one pot, and the mango mixture to the second pot, mixing both well and then removing from heat to rest for a few minutes.

Pour one layer of dragon fruit panna cotta into dragon fruit shell and put in freezer until it sets. Repeat steps with a layer of mango panna cotta, finishing with a layer of dragon fruit mixture, and keep refrigerated.

Meanwhile, melt dark chocolate. Pour a spoonful and spread out thinly on wax paper and refrigerate to harden.

Cut the dragon fruit horizontally and add the rest of the diced mango, edible frangipani, and dark chocolate ganache as garnish.







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The **Noord Medical Center in Noord 63** provides primary and urgent care for non-life-threatening illnesses and injuries to locals and tourists at a reasonable cost with little to no waiting time involved. Dr. Carlos Yagua Sr., his wife Dr. Noris Velasquez, have had a successful family practice on the island for over 27 years. Their four children, all highly trained and experienced physicians, created the first and only urgent care center as an alternative to the crowded ER, delivering a quick, reliable and efficient solution for any clinical challenge, big and small. The center is currently directed by Dr. Carlos Yagua Jr, a general physician with a dual-master's degree in healthcare and business administration.

**24/7 Availability:** The Urgent Care Aruba is open Monday thru Friday 8am to 11pm, Saturday from 8am to 5pm, and is on call 24/7. Best of all, no appointment is needed to be seen by a medical professional, in English, Spanish, Dutch or Papiamentu, at the lowest rates for self-pay patients. A web-check in portal is included on their website, allowing you to see actual waiting times and book your appointment if desired. Hotel visits can be requested, but only if you have been cleared after an initial symptoms triage process.

**Staffed:** The care provided at the center is in coordination with registered physicians, medical assistants and nurses, whom will attend to your symptoms and needs in a professional manner, and proceed with referral options and coordination when specialty care or follow-up is needed.

**Equipped:** The center is beautifully appointed with ten consultation rooms, for adults and pediatric patients. It is fully furnished with the latest equipment on the

market, such as digital vitals' monitors, on-screen diagnostic systems, green energy efficient white bright LED surgical lights, electrocardiograph (heart screening), crash carts, imaging such as ultrasound, as well as a nursing station with supplies required for specific procedures, and much more.

The facility has point-of-care testing and an on-site level III accredited and certified clinical laboratory, allowing the physicians to obtain results in less than an hour, guaranteeing reliable diagnosis and timely medical care.

**Insurance:** UCA accepts most major travel insurance plans, and have had a positive experience with their patients when they seek reimbursement back home for self-pay care. If you have questions about your coverage, feel free to reach out to them, and they will aid you with coordination of care.

**Located at the Noord Medical Center (Grey Building) at Noord 63. Reach them by phone at +297-586-0448 or on Facebook at <https://www.facebook.com/urgentcarearuba/>.**







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# What's New?!

## New champs crowned at the Bartenders' Brawl

The 3rd Annual Bartenders' Brawl was held on October 14 in conjunction with Eat Local Restaurant Month. The event, originally created by Island Temptations, was hosted and produced by the Renaissance Aruba Resort & Casino and held beachfront at the Renaissance Ocean Suites. The beach-chic event showcased seven of Aruba's top bartenders impressing the crowd with their original craft-cocktail creations.

Aruba's local spirit distributors were the essential collaborators working to make this event happen, supplying all the liquor and necessary ingredients to produce these exciting libations for attendees of the event to enjoy. Renaissance's culinary team fueled the guests with savory noshes like juicy beef sliders, mini hot dogs, tempura veggies, and mini Caesar salads, while local deejay extraordinaire DeeJay Rustica provided a chill auidal backdrop to the festivities.

This year, in addition to the People's Choice cocktail, a panel of judges selected the Judge's Choice. Receiving the most votes from guests at the event and earning the People's Choice title was the modern punch-style "Tropical Shades of Grey" creation from bartender Nelson Molina from Renaissance's Blue Bar, representing Tropical Bottling. The judges came to a unanimous decision on their favorite, the "Mad Magdalena," from bartender Yanis Garcia from Azia Restaurant & Lounge, representing Pepia Est. The judges praised the umami factor of this savory-with-a-hint-of-sweet-and-spice cocktail, wonderfully balancing the opposing tastes.







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# What's New?!

## Gold Coast concludes construction of the first phase of Boca Druif & Boca Grandi Condos

Gold Coast, Aruba's largest residential community, located on Malmokweg and overlooking the wetland nature reserve, recently announced the completion of the first cluster of Boca Druif Condos and the slightly more spacious Boca Grandi Condos. The second cluster of condos, located in the Mangroves V6 section on the south side of the residence, is scheduled to be delivered to owners in May 2018. Developer Fito Croes informs that the just-completed 12 condos are completely sold out, and the second phase, currently gearing up for construction, is selling briskly.

The stylish Boca Druif and Boca Grandi Condos are spacious one-story condos, tastefully appointed and equipped with the latest energy-saving, state-of-the-art appliances. The two-bedroom Boca Druif Condos measure 115 square meters each and are available on both the ground and upper floors. Each upper-floor condo features two balconies and a private rooftop terrace. The three-bedroom Boca Grandi Condos, with a larger footprint at 129 square meters each, are available on both the ground and upper floors. Each ground-floor condo enjoys a spacious patio while each upper-floor condo features two balconies and a private rooftop terrace.





## Island Temptations magazine to launch When in Aruba website

In early 2018, the award-winning creative team of *Island Temptations* will launch a new island-lifestyle website, *When in Aruba*. The website will be a content-rich exploration of Aruba, offering readers a very local, organic perspective of the most distinctive island in the Caribbean. Our lusciously rich melting pot of more than 90 nationalities offers unending narratives to share with both our local community and readers around the world. Local writers, photographers, and videographers will be creating content on a weekly basis, sharing Aruba's events and concerts as they unfold, as well as featuring the stories of talented artists, musicians, athletes, culinary personalities, and the island's warm, friendly hospitality, all told through an authentic voice.



## Rejuvenating Chair Yoga comes to Playa Linda Beach Resort

Chair Yoga is exactly what you would expect it to be—yoga done while sitting in a chair. The chair can also be used as a support for standing poses. So you can imagine it's a very gentle yoga practice and therefore welcoming towards all levels of fitness.

Chair Yoga improves posture, flexibility, balance, mental clarity, and coordination of mind and body. It also relieves stress, strengthens the core, and aids in pain management, making it ideal for seniors, people with disabilities, and people who are very inflexible, but really, it's for everyone!

Yoga professional Gladys Duarte introduced the island to Chair Yoga at Casa del Mar Beach Resort, and now a dedicated location opened up in November of 2017 at the new Clinical Massage & Spa, located at Playa Linda Beach Resort. *To join a class, contact Gladys on Facebook by visiting @FunctionalMovementbyGladys.*





# What's New?!

## The Ritz-Carlton, Aruba debuts Ritual Coffee Culture

The Ritz-Carlton, Aruba is celebrating luxury travelers' nearly universal passion for coffee with its newest experiential culinary offering, Ritual Coffee Culture. The chic new venue lends a rustic, warm feel to the contemporary coffee bar concept, reflecting the warmth of the coffee, the handcrafted nature of its offerings, and the welcoming vibe of Aruba. Featuring the Illy Coffee Blend, Ritual Coffee Culture will present coffee aficionados with a variety of menu items, including the brew in its well-known drip coffee formula as well as a range of artisanal pastries, desserts, sandwiches, homemade gelato, and healthy salads.







## Spanish Lagoon becomes a part of the protected environs of Arikok National Park

In 2017, Aruba's Spanish Lagoon, one of the largest natural lagoons in the Caribbean, officially became part of Arikok National Park. Princess Beatrix of the Netherlands came to the island to partake in the official transfer of the treasured 70-hectare area that is home to a varied collection of flora and fauna. The now-protected area is revered for its biodiversity and will stay under the watchful eye of Arikok National Park. Princess Beatrix is a patron of the Dutch Caribbean Nature Alliance, and while on the island, she also included a visit to Aruba's protected bird sanctuary, Bubaliplas, an area that attracts more than 200 native and migratory birds.

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# What's New?!

## Tropicana debuts fresh renovations

Tropicana Aruba Resort & Casino has finished renovating 74 suites and is starting soon with the second phase of the renovations, which will focus on the next 100 suites. Sold as “premium” suites, the renovated rooms have Wi-Fi and come with either a king-size bed or two double beds in the bedroom, a living area with a sofa bed, dining area, fully equipped kitchenette, and private balconies. The resort also offers a “premium” two-bedroom suite, accommodating up to six people.

Tropicana’s South Tower has also been updated and offers spacious condominiums and penthouses, all of which come with washer and dryer, a fully equipped kitchen, and Wi-Fi. One-bedroom condos accommodate up to four people, two-bedroom condos accommodate up to six guests, and the three-bedroom condos sleep eight guests. Penthouses either have two bedrooms to sleep six, or three bedrooms to accommodate up to eight. Please visit our website at [www.troparuba.com](http://www.troparuba.com) for more information.



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